

# Get Cuffed Berkshires

## SEPTEMBER

*Leaves are Falling...*

Make sure the leaves are the **only** thing falling this autumn. If you fear falling, and would like to increase your balance, strength and flexibility, Matter of Balance classes will help. If you're 60 or older, call the Berkshire Partnership for Health to learn more. In North County: 663-5057; Central County: 445-9232; or South County 854-9929. You can get your blood pressure checked by a Berkshire Health Systems clinician, and get a prize, at these locations:



## Blood Pressure Screening Clinics

Every Wednesday	Friendship Center, 131 Main Street, North Adams	9:30-11:30 am
9/6	<b>Harvest Dinner</b> , 55 Fenn Street	4:00-6:00 pm
9/7	Berkshire Athenaeum (VAN)	10:00 am-Noon
	Walmart, Pittsfield	1:00-2:30 pm
	Dalton CRA	3:00-4:00 pm
9/8	Sheffield Senior Center	10:00-11:00 am
	New Marlborough Town Hall	12:30-1:30pm
	Monterey Town Hall	2:00-3:00 pm
9/10	<b>Pittsfield Farmers Market</b> , Common (VAN)	9:00 am-1:00 pm
	<b>Sheffield Fair</b>	Noon-3:00 pm
9/13	Walmart (North Adams)	12:30-2:30 pm
9/14	Christian Center	9:00-11:00 am
9/15	Reigning Love Church	10:00 am-Noon
	<b>Third Thursday (VAN)</b>	5:00-8:00 pm
9/16	<b>Taste of Lee (VAN)</b>	5:00-8:00 pm
9/17	<b>Latino Festival</b> , Lee	3:30-6:30 pm
9/19	Old Town Hall Hinsdale	9:45-11:15 am
9/20	Soldier On	10:00-11:30 am
9/21	South Church, Pittsfield	8:00-10:30 am
9/28	Salvation Army	9:00-10:00 am



Call us to see if you qualify for a free home blood pressure monitor.  
(413) 445-9232



Berkshire  
Visiting  
Nurse  
Association  
The homecare division of Berkshire Medical Center



Berkshire  
Health Systems

[www.berkshirehealthsystems.org](http://www.berkshirehealthsystems.org)